

## INTERMEDIATE STRENGTH EXERCISES FOR TRICEPS AND CHEST

### BALLOON-SQUEEZE CHEST PRESSES

It's always good to have several choices for each type of equipment. Here is a good activity to use your balloons in your repertoire. It's especially valuable because the push and pull motion strengthens the involved muscles throughout a broad range of motion.

#### ***Benefits*** »

- ⊙ Strengthens chest and shoulders.
- ⊙ Enhances core strength.
- ⊙ Can be done with participants seated or standing.

#### ***Set It Up*** »

Each participant will need a balloon or a soft, medium-sized ball, such as a Slo Mo ball. One progression has participants seated on a balance disc in a chair with arms.

#### ***How to Do It*** »

##### **The Start**

- ⊙ Participants sit tall and hold the balloon between the palms of both hands at about chest level.
- ⊙ They lift the elbows out to the sides.

##### **The Moves**

Use the following cues.

- ⊙ Squeeze the balloon tightly between the palms of your hands.
- ⊙ Keep squeezing and begin to push your arms away from the chest about 6 inches (12 centimeters), and then draw them back in toward the chest.
- ⊙ Relax the squeeze. That's one repetition.
- ⊙ Repeat 8 to 12 times, as tolerated.



#### ***Take It Further*** »

- ⊙ Increase repetitions until 15 can be done successively.
- ⊙ Press harder against the balloon.
- ⊙ Change the angle of the push: Push balloon a little to the left for one rep and to the right the next rep.
- ⊙ Change the height of the movement. Keep balloon lower, or go from low to high.

### **Give It More Balance »**

- ⦿ Sit at the edge of the chair, with feet tandem.
- ⦿ Sit on a balance disc (*only* if the chairs have arms).
- ⦿ Do while standing.

### **Keep It Safe »**

Cue them frequently about sitting tall and keeping core braced. All reps should be done slowly.